

# 0-1-2-3 Low-Risk Drinking Guidelines

## 0 Drinks...

... if you're driving, pregnant, or have alcohol or other drug dependencies. It's always O.K. not to drink! This is the lowest-risk choice.

## 1 Drink...

... per hour sets the pace for most people. This is about how much your body can process each hour. A drink is 12 oz. of beer, 5 oz. of wine, or 1.25 oz. of hard liquor.

## 2 Times Per Week...

... limit drinking to no more than 2 times per week. High-risk drinkers consume alcohol 3 or more times per week.

## 3 Drinks...

... on special occasions is the limit for most people. People who keep to 3 or fewer drinks when they party enjoy the benefits of drinking, while experiencing fewer alcohol-related problems.

## What are the guidelines based on?

Numerous studies have found that women who have 4 or more drinks in a sitting and men who have 5 or more drinks in a sitting are more likely to experience alcohol-related problems, such as:

- Get nauseous or vomit
- Experience a hangover
- Do something they later regretted
- Experience a memory loss
- Miss a class
- Perform poorly on an important exam or paper
- Get into an argument or fight
- Be hurt or injured
- Be taken advantage of sexually or take advantage of someone else
- Damage property
- Make the choice to drive under the influence
- Get in trouble with the authorities

• **A 120–140-pound woman** who has 4 drinks in the first hour of a party will have a BAC of about 0.13–.15g/100mL. At this BAC, her inhibition and judgment would be severely impaired. Her motor coordination and reaction time would also be affected. It would be quite easy for her to do something embarrassing or stupid or hurt herself. In contrast, if she had only 1 drink, her BAC would be approximately .03–.04. At this BAC, she would be relaxed, but would maintain most of her judgment.

• **A 180–200 pound man** who has 5 drinks in the first hour of a party will have a BAC of about 0.09–.11g/100mL. If he had two drinks during that hour, his BAC would be about .04. In the second scenario, he would still feel good, but could avoid doing anything he regretted.

### • Tolerance

A higher tolerance puts you at risk. It does not mean that your body gets rid of alcohol at a faster rate. If you have a higher tolerance, then you need more alcohol to feel the same effects as someone with a lower tolerance. The increase in alcohol requires more money, but more importantly, it means you are taking in higher levels of toxins that can significantly damage internal organs.

**Note that the “3 drinks rule” is for special occasions.** This is not a daily limit! Research has found that men who drink 3+ drinks on a daily basis and women who drink 1.5+ drinks on a daily basis are at high risk of becoming dependent on alcohol. This is one reason the American Medical Association recommends no more than 1 drink per day for women and no more than 2 drinks per day for men.

*When at a party or when going out... 28.3% of SCU students reported they usually or always chose not to drink alcohol.*

—National College Health Assessment, Administered in 2004



Santa Clara University  
Office of Student Life  
500 El Camino Real  
Santa Clara, CA 95053-1050

[www.scu.edu/studentlife](http://www.scu.edu/studentlife)

The Jesuit university in Silicon Valley

# Party Right Guide

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## Keep in mind...

Santa Clara students are expected to

- Be honest
- Demonstrate respect for self
- Demonstrate respect for others
- Demonstrate respect for the law and University policies
- Santa Clara University reserves the right to review student conduct that occurs on and off campus (*Community Handbook, p. 6*)

**Everyone has the “Right to Party”** ...and if you are 21 years old that can include alcohol. However, having the right to party and knowing how to “Party Right” are two different things. Party Right provides information on how to have fun, entertain friends, and even drink alcohol, without violating state or local laws, the conduct code, aggravating neighbors, damaging property, and most importantly endangering yourself or others.

## Cool Party, Responsible Host

**T**hrowing a “cool” party can be a blast. However, if you truly are a good host, you know that you are responsible for the well-being of your guests. As a host, you accept any and all legal consequences when alcohol is present at your party. To make sure that the effects of alcohol consumption do not take an unpleasant toll, keep these tips in mind for a cool party with a responsible host.

- Have a responsible and sober person monitor the door, in order to keep out uninvited guests.
- Have a responsible person take care of the bartending. If you do have a professional bartender, make sure s/he is trained in how to be a responsible server.
- Use peg measures for pouring drinks.
- Make sure people who are being served are not already inebriated.
- Serve healthy and non-salty snacks that contain carbohydrates, so that people don't drink on an empty stomach.
- Make sure that there are plenty of non-alcoholic beverage options, so your guests can choose whether to drink alcohol or not.
- Use cans or plastic bottles, not glass.
- Designate the party to specific rooms. Monitor other areas in the house or apartment to keep guests from socializing in undesignated areas.
- Designate and monitor a specific room where guests can keep their valuables.
- When someone declines a drink, respect their choice and don't pressure them.
- Prevent people from gulping down their drinks too fast. Remember, your liver can handle only one ‘standard’ drink per hour.
- Do not condone or encourage any excessive alcohol consumption. It isn't ‘cool’ to see people make fools of themselves, injure, and in some cases kill themselves. If you are a real friend, you will try to prevent this from happening.
- Monitor guests for signs of alcohol poisoning. Dial 911 if a guest becomes extremely inebriated or unconscious. Never leave a guest to sleep it off.
- Promote the designated driver system. Identify guests who are the designated drivers.
- Don't let anyone drink and drive. Keep drivers' car keys and get them a taxi, have a sober friend drive them home, or get them to stay the night.



[www.scu.edu/studentlife](http://www.scu.edu/studentlife)

## Prefer the police didn't drop by?

In addition to following the law, keep the following in mind...

- **Keep the noise down**
  - If neighbors complain or police can hear your party on the street, you're likely to see an officer at the door.
- **Stay on your own property**
  - Keep your party in your house and/or backyard. The sidewalk, the grass between the sidewalk and the street, and the street itself are public property. If your guests are blocking the sidewalk or street or drinking on public property, it's a violation.
- **Don't invite more people than you can control**
  - Big crowds are very hard to control. Sooner or later, a violation will occur or party crashers will start trouble. Crowded lawns are certain to draw police attention.
- **Know your guests**
  - Every guest should know a host or be accompanied by someone who knows the host. A lot of trouble is caused by people the hosts don't even know.

## SCU Student Conduct Code

SCU reserves the right to review student conduct that occurs on and off campus when such behavior is inconsistent with the Student Conduct Code. The following acts are excerpts from the Student Conduct Code. Students who violate the acts will be subject to disciplinary action.

- Illegal use, possession, or distribution of drugs on University-owned or controlled property. The use or possession of equipment, products, or material that is used or intended for use in manufacturing, growing, using, or distribution of any drug or controlled substance
- Possession, consumption, or sale of alcoholic beverages by persons under the age of 21 years on University property; furnishing alcoholic beverages to persons under the age of 21 years on University

## Loud Party Notice

Municipal Code 9.05.020 (a)  
Second Response Service Fee

This notice is issued as a result of a complaint for violating California Penal code Section 415 (loud and unreasonable noise). The first notice instructs the recipient that any additional Police response within 48 hours **will result in a special response charge of \$500.00** or a fee for the

## First Response Ordinance

Section 9.05.020 (a)	First Response .....	No Fee
Section 9.05.020 (b)	Second Response within 48 hrs.	\$500.00
Section 9.05.020 (b)	After 48 hrs. within 30 days of 1st.	\$150.00
Section 9.05.020 (b)	3rd Response within one year	\$300.00
Section 9.05.020 (b)	4th Response within one year	\$600.00
Section 9.05.020 (b)	5th Response within one year	\$900.00

## Disturbing the Peace Ordinance

(Between the hours of 10 pm–7 am within 100' of a residence)

Section 9.05.010 (c)	First Offense .....	\$150.00
Section 9.05.010 (c)	2nd Offense within one year	\$300.00
Section 9.05.010 (c)	3rd Offense within one year	\$600.00
Section 9.05.010 (c)	4th Offense within one year	\$900.00

Fees above apply to Administrative Citations. For subsequent offenses, Public Nuisance laws apply and may be prosecuted criminally, civilly, or administratively.

property; consumption of alcoholic beverages in a public place (all areas other than individual residences, private offices, and scheduled private functions); excessive and inappropriate use of alcoholic beverages. (Also see Alcohol Policy Within the Residence Halls.)

- Misconduct that arises off campus in which a student is detained, arrested, cited, or otherwise charged with violations of local, state, or federal laws that materially or adversely affect the individual's suitability as a member of the Santa Clara University community

To view a complete copy of the Student Conduct Code and SCU Policies & Procedures surrounding alcohol, please reference the Office of Student Life Community Handbook at <http://www.scu.edu/studentlife/handbook>.

response of all personnel and equipment costs, or other damage and expenses incurred by the City, whichever is greater. The recipient will be billed by the City of Santa Clara for all costs described above and are subject to criminal prosecution for a violation of Penal Code Section 415.

Additional responses within one year may result in a graduated fine up to \$900.00.

# Party Right

## Safety Concerns

There are risks other than legal consequences to consider when you participate in large, uncontrolled parties.

- **Theft**
  - Opening your home to uninvited guests is an open invitation to thieves as well. Purse snatchers and pickpockets find drunken persons to be easy targets.
- **Injury**
  - It's dangerous to be in a mob. You could be trampled, assaulted, burned, or otherwise harmed, accidentally or intentionally. Apartment balconies were not designed to hold the numbers of people who frequently crowd onto them. Standing or sitting on rooftops is extremely dangerous, especially when intoxicated.
- **Sexual Assault**
  - Crowds provide cover and reinforcement for unwanted groping, touching, and more serious forms of sexual assault. About 75% of the men and at least 55% of the women involved in acquaintance rape had been drinking or taking drugs just before the attack.
- **Alcohol Poisoning**
  - Rapid consumption of large amounts of alcohol (the amount varies by individual) can be life-threatening.

## "Bid Parties"

"Bid Parties," "Pay Parties," or "Charging Per Drink" are all illegal if you are serving alcohol.

Under the All Business and Professions Code Section 23300 it is illegal to sell alcoholic beverages without a license. Selling a "bid" or "pay parties" could lead to an arrest and citation.

## Tips for Party Guests

Avoid any party that you haven't specifically been invited to. Even with the best of intentions by hosts and guests alike, an "open house" kegger is a high risk situation. If you decide to ignore this advice, here are some suggestions to reduce the chances you'll be hurt, arrested, or wildly embarrassed.

- Protect your health and safety:
  - Obey laws.
  - If you're over 21 and choose to drink alcoholic beverages, keep your consumption moderate (0 drinks if you're driving, 1 per hour sets the pace, not more than 3 when you drink).
  - If you're drinking, also eat food.
  - Attend with a friend and look out for each other.
  - Leave your valuables at home. Carry only the ID and money you'll need that night.
  - Stay off all roofs and any balcony that's crowded.
  - Don't play with fire.
  - Don't argue with the police.
  - Remember drugs and alcohol don't mix—even over-the-counter and prescription drugs can be very dangerous when combined with alcohol.
- Protect your reputation, be invited back.
  - Avoid behavior that might get your hosts in big trouble—such as sneaking a drink, carrying alcoholic drinks onto public property, throwing bottles, etc.
  - Treat your hosts, their home and their other guests with respect.
  - Clean up after yourself.
  - Obey requests from hosts to quiet down, leave, or stop drinking.
  - Bring a snack to share—everyone appreciates an extra bag of chips.
  - Mingle, talk to new people—especially that shy one in the corner.

*85% of SCU students reported having food and/or non-alcoholic beverages at the last social they hosted.*

—National College Health Assessment, Administered in 2004

## Money Savers For Responsible Hosting:

- Express Catering  
408-554-2782
- Safeway  
408-244-6873
- Zanottos  
408-294-9151
- Costco (requires membership)  
408-567-9080

THE BRONCO

**50% off any  
Brick Oven  
Personal Pizza**

Tues. & Thurs. – 9 pm to 12:45 am  
Wed., Fri. and Sat. – 9 pm to 1:45 am  
Sunday & Monday – Closed

*The late night place to be. Meet here to socialize, enjoy the entertainment or satisfy your late night hunger. The Bronco features Brick Oven, thin crust specialty pizzas, both personal and 16" sizes specialty sub sandwiches, fryer-kissed appetizers and signature desserts. Enjoy Island Oasis, fountain beverages, espresso drinks, draft beer and wine by the glass. Dining Plus (along with cash, credit cards and ACCESS Flex) is accepted for food and non-alcoholic beverages.*

Valid one per guest only. Coupon not valid for Resident Dining Program Participants Offer available September 19th through December 9th, 2005.

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